Actual Specific Angular Momentum vs Implied Specific Angular Momentum Implied Specific Angular Momentum ($ho c^2$ Myr^{-1}) 10^{2} 10^{1} Specific Angular Momentum 10^{0} Line of Unity 10^{-1} 10^{2} 10^{1} Actual Specific Angular Momentum ($pc^2 Myr^{-1}$)